



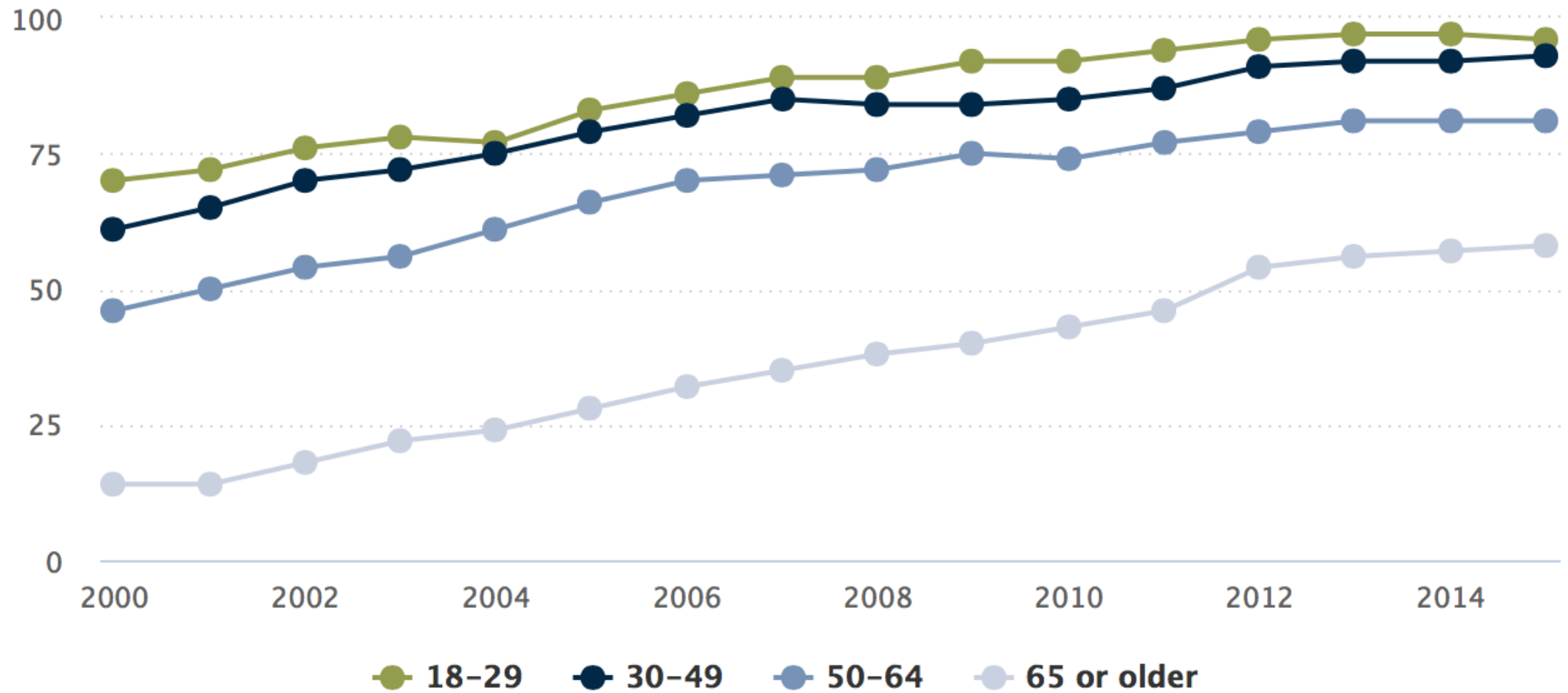
UNIVERSITY OF UTAH
COLLEGE OF NURSING

The Power of "Me Too": An Analysis of Peer Health in the Diabetes Online Community

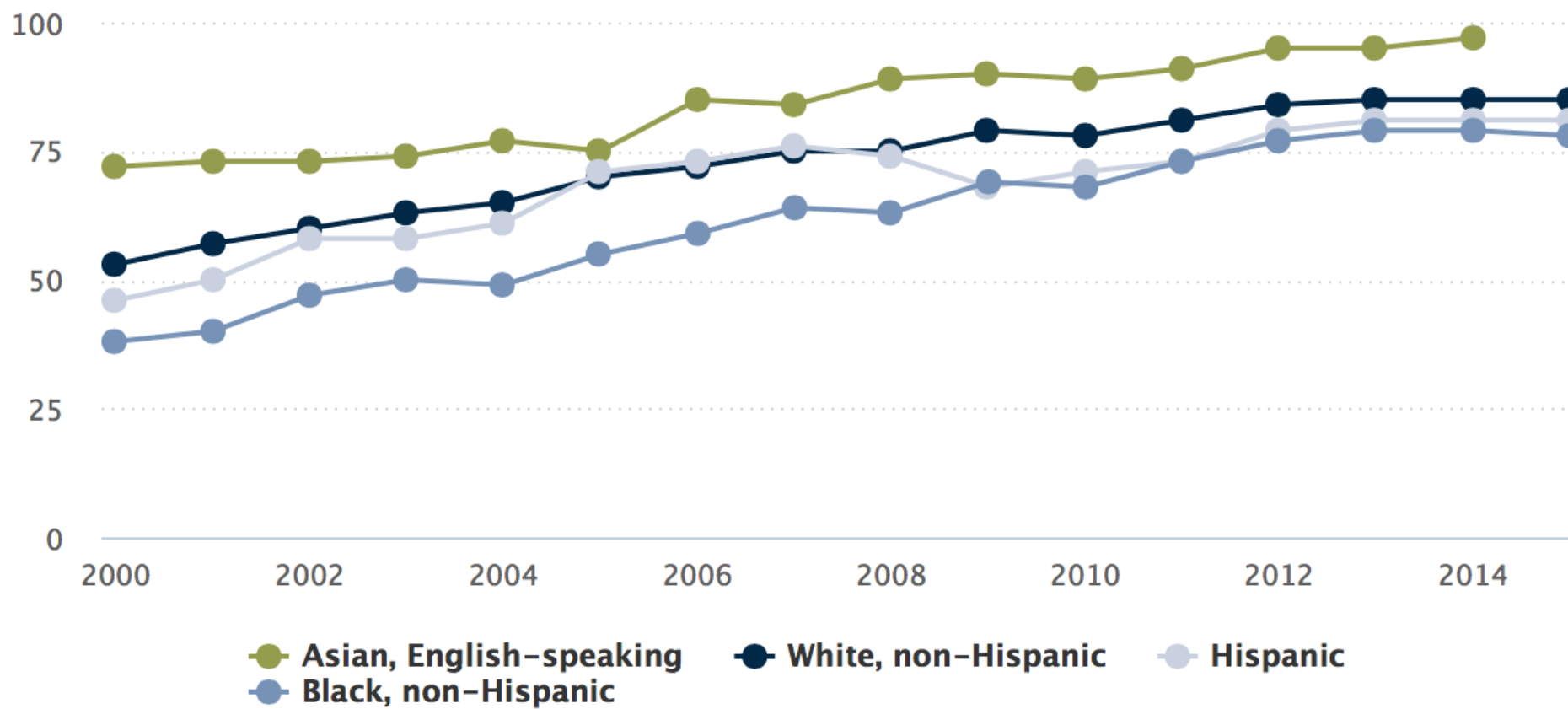
Michelle Litchman, PhD, FNP-BC, FAANP
Assistant Professor/Family Nurse Practitioner
@MichLitch

3 Billion
87%

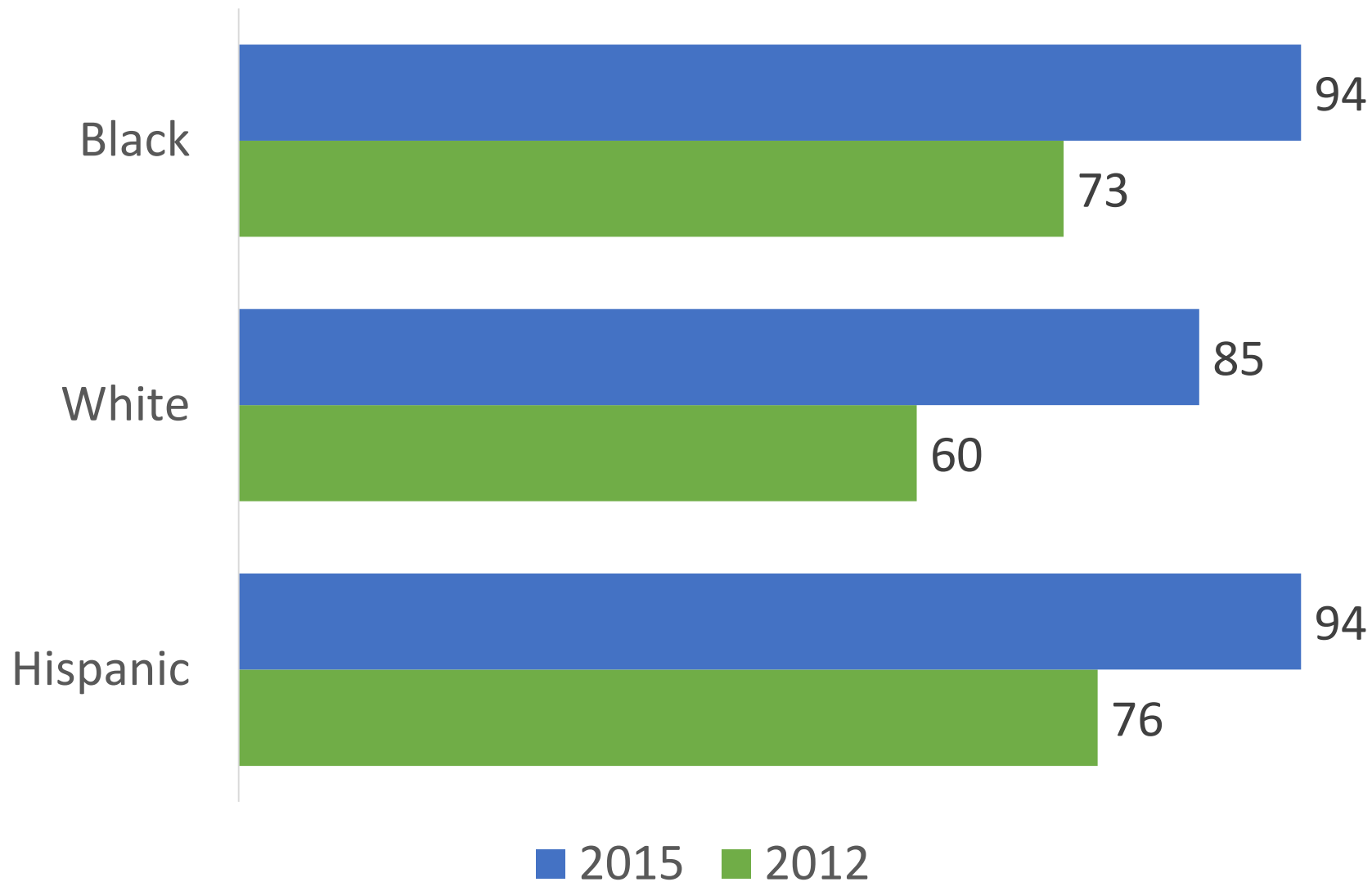
Among all American adults, the % who use the internet, by age



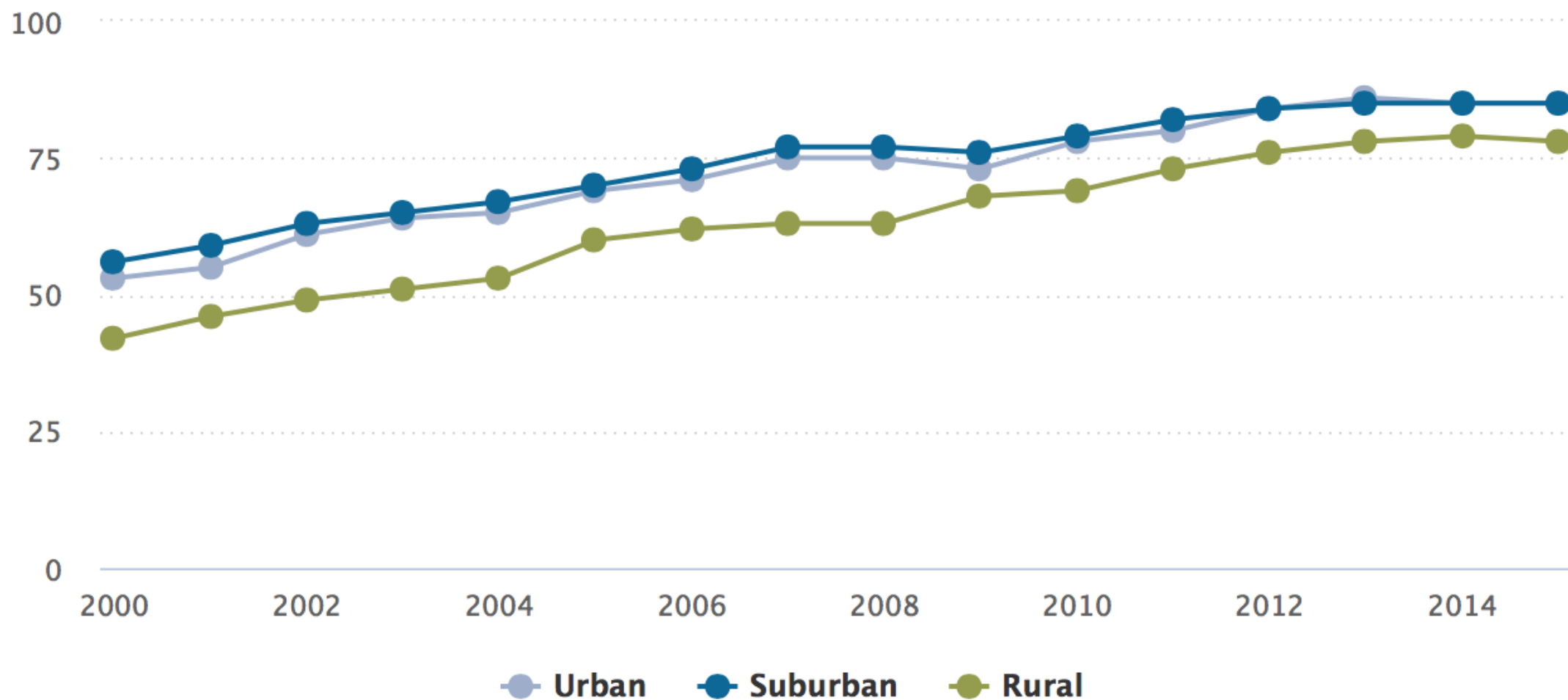
Among all American adults, the % who use the internet, by racial/ethnic group



*% of Internet/Email Users Accessing the Internet on a
cellphone, tablet or other mobile device at least occasionally*



Among all adults, the % who use the internet, by community type



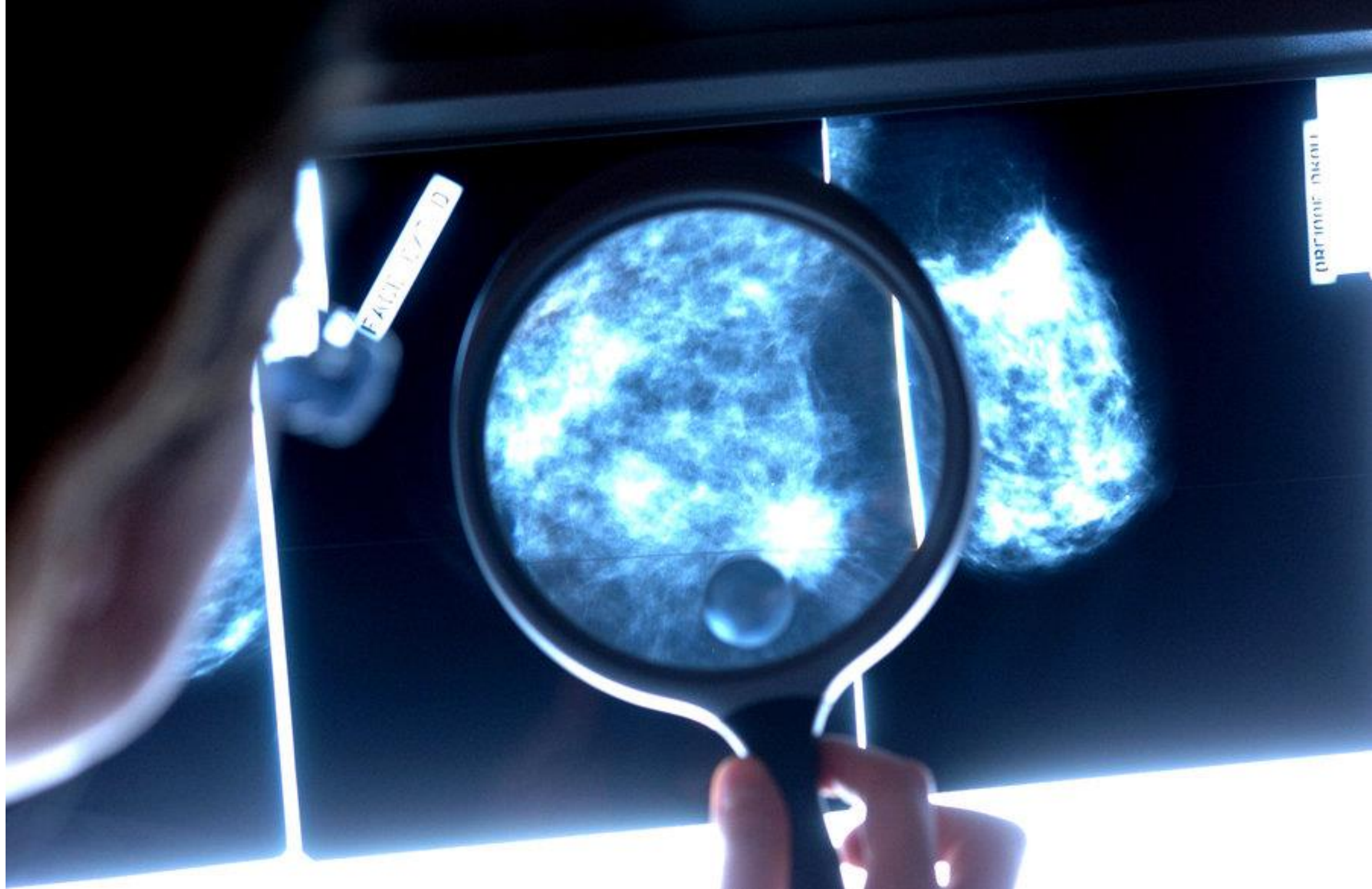
Peer Health

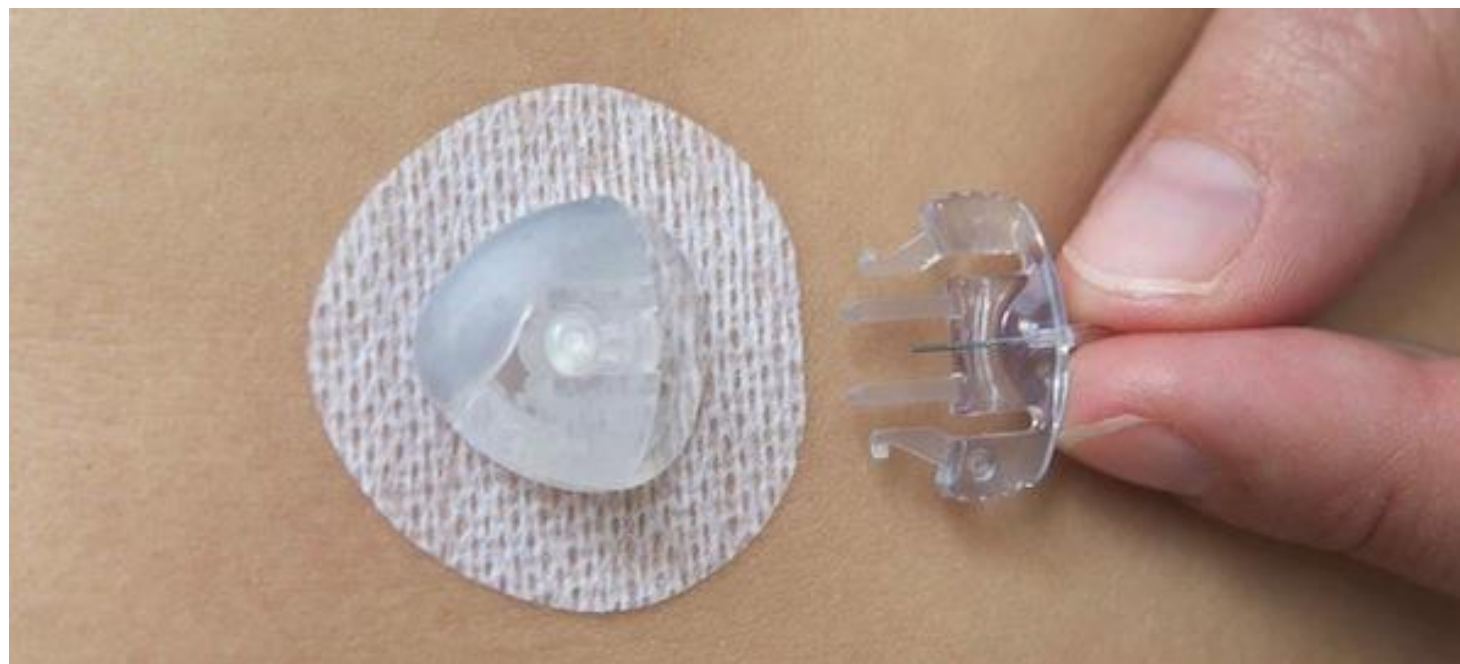














"BE YOUR OWN SUPERHERO" DIABETES MIXER!

NOV. 2ND 6-9PM
FREE FOOD - PRIZES - LIVE MUSIC
ART - EDUCATION

FOLLOW US! #DIABETESMIXER

Itinerary

6-7 PM
Rapid-Fire DIATalks

I'm Having a Baby! Oh, and I have Type 1
Jessica Gibbons

Research Update at the University of Utah
Simon Fisher

The Nuts and Bolts of Navigating Your Insurance
Melissa Selden

It's All Mental Bro! How to be Your Own Advocate
Andy Marsh

Closing the Loop - The DIY Artificial Pancreas System
Dana Lewis

7-9 PM
Food - Prizes - Live Music - Art - Education

Located at:
Jewish Community Center
2 North Medical Drive
Salt Lake City, UT 84113

RSVP to diabetesmixer@gmail.com by October 28, 2016.
This invitation is good for one adult with T1D and one guest.

Sponsored by:



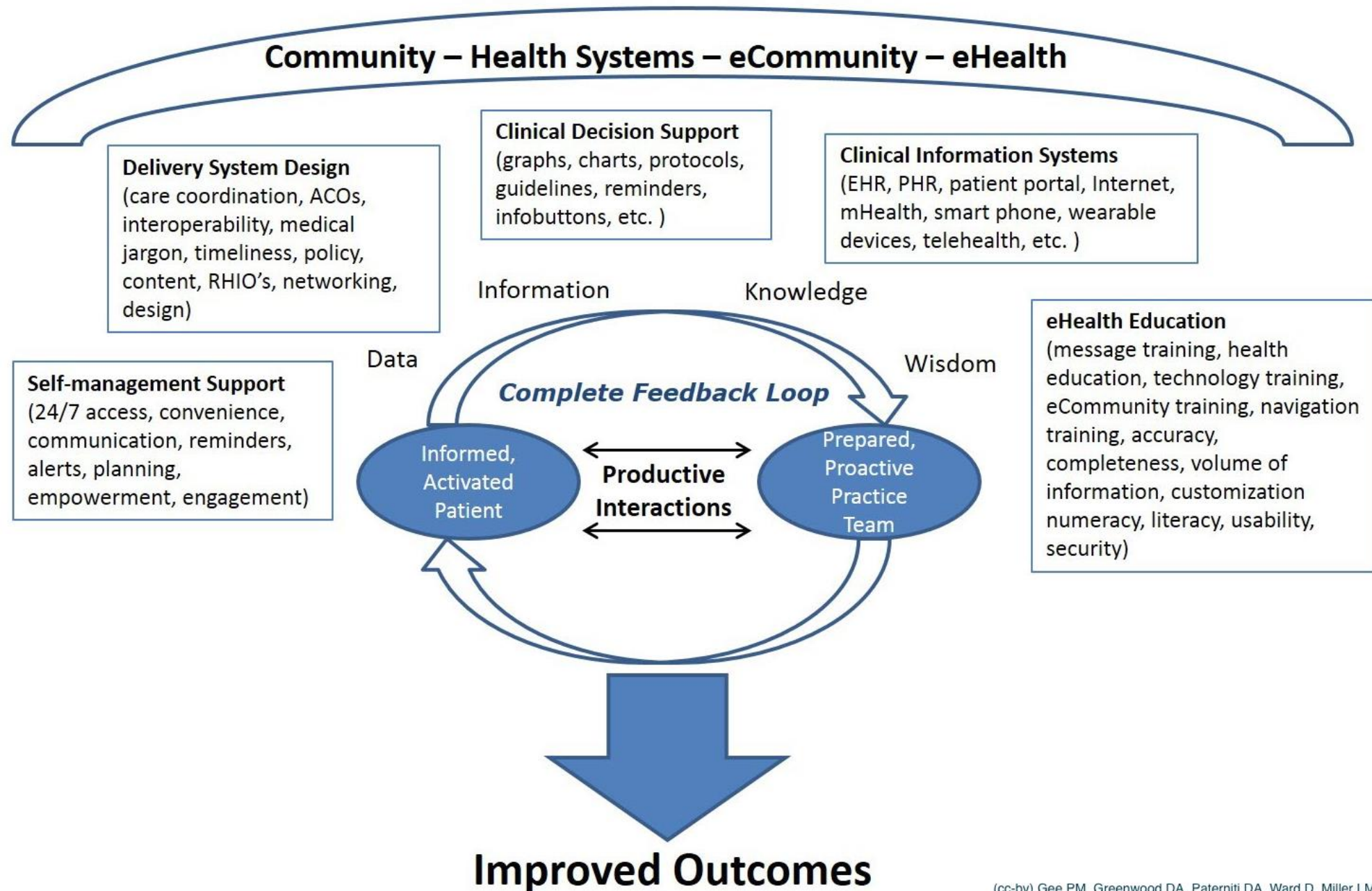
summit
HOME HEALTH & HOSPICE







The eHealth Enhanced Chronic Care Model (eCCM)





tudiabetes.org™



diabetic  connect

YOU CAN
DO THIS
PROJECT



six until me.™
Diabetes doesn't define me, but it helps explain me.

 **diabetes**
daily



glu

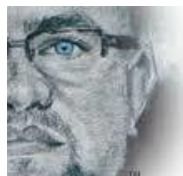


Separated by Miles, United by a Cause



The Diabetes Online Community

diaTribe®



Scott's Diabetes
Helping You See Your Strength™





#DSMA

#DCDE

#OzDOC

#GBDOC



24 | 7



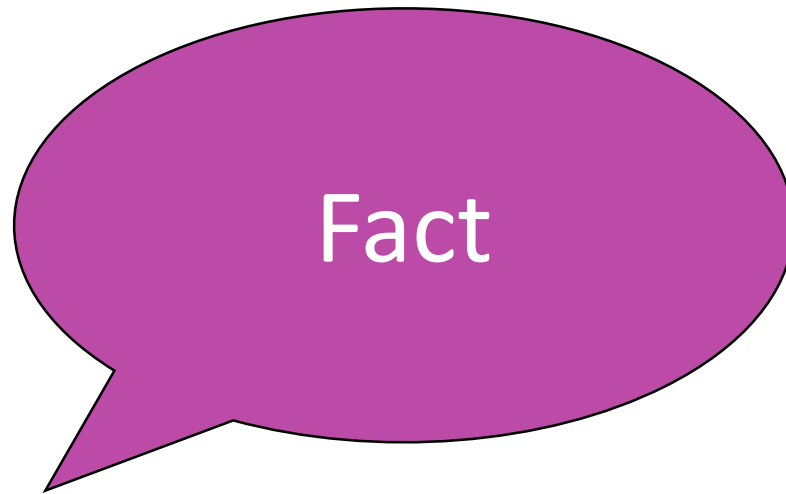
Diabetes and Intimacy



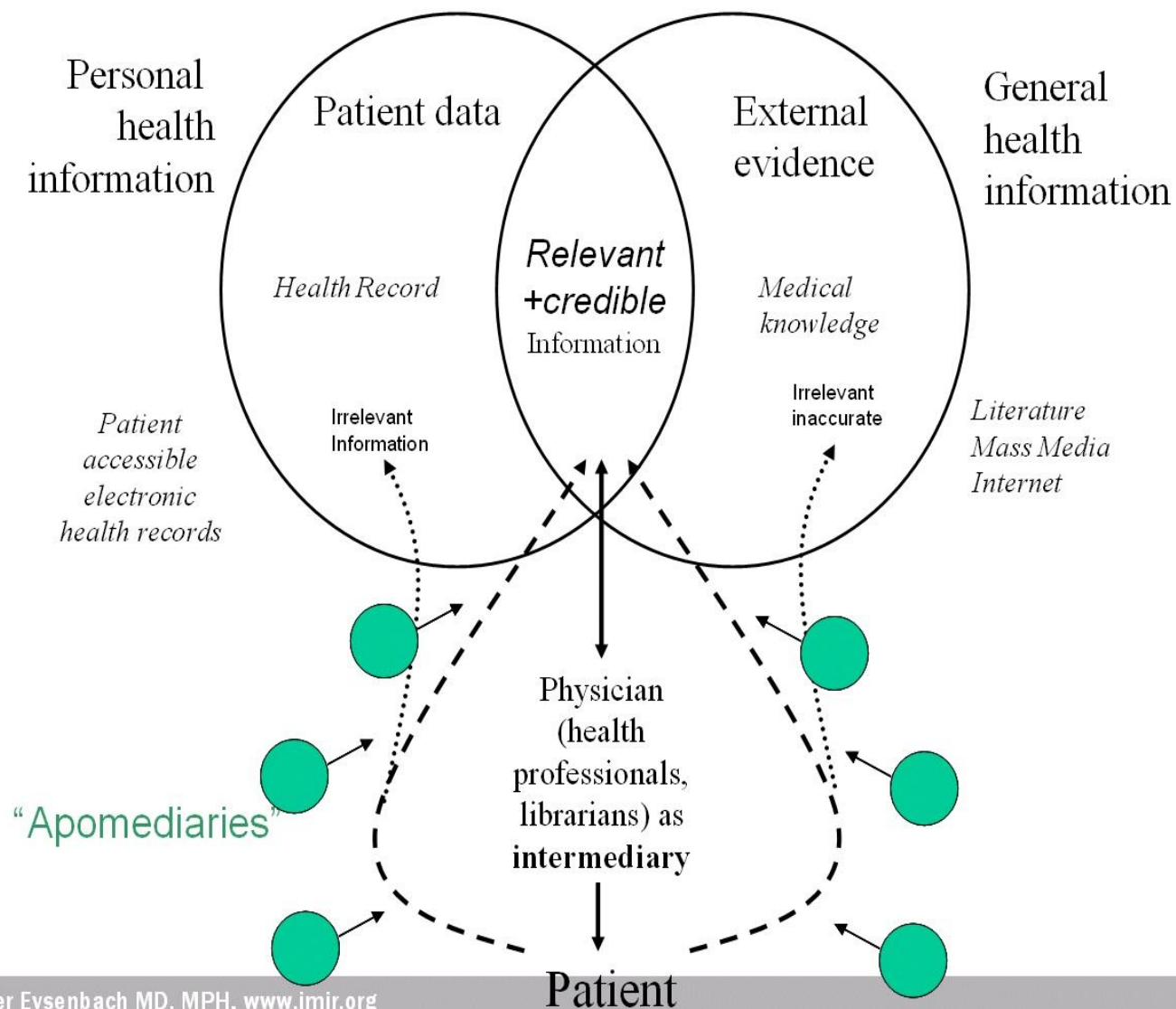
Fact

Myth

The DOC Supports the Attainment of Knowledge



Disintermediation / Apomediation



The DOC Helped Me...

80% Learn new diabetes management strategies

83% Learn research and treatment alternatives

76% Get answers to many of my diabetes questions

60% Learn things that my healthcare provider didn't know

Anticipatory Guidance

“I certainly know that those who have been older than me, that have had diabetes longer than me, have been positive impacts for me.”



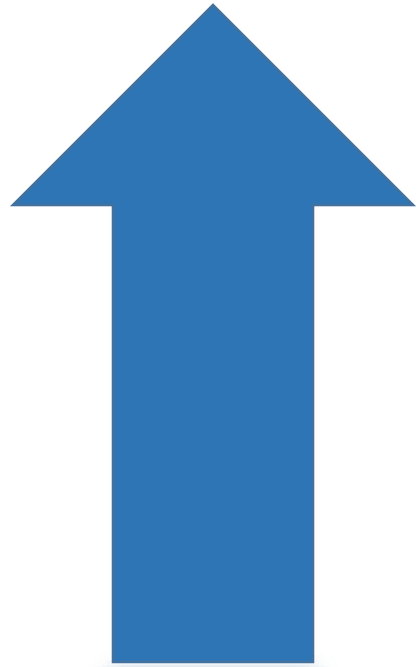
The DOC Helps with Diabetes Self-Care



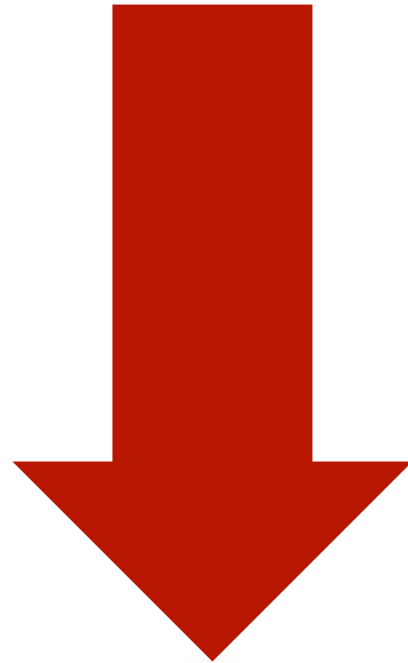
Fact

↑ Self-Care

Compared to Norms



Engagement



A1C

The DOC Can Empower



Fact

73% The DOC helps me feel
more empowered

“It’s empowering when you can give information to somebody who gets lost or when you can get information from somebody who has been there.”

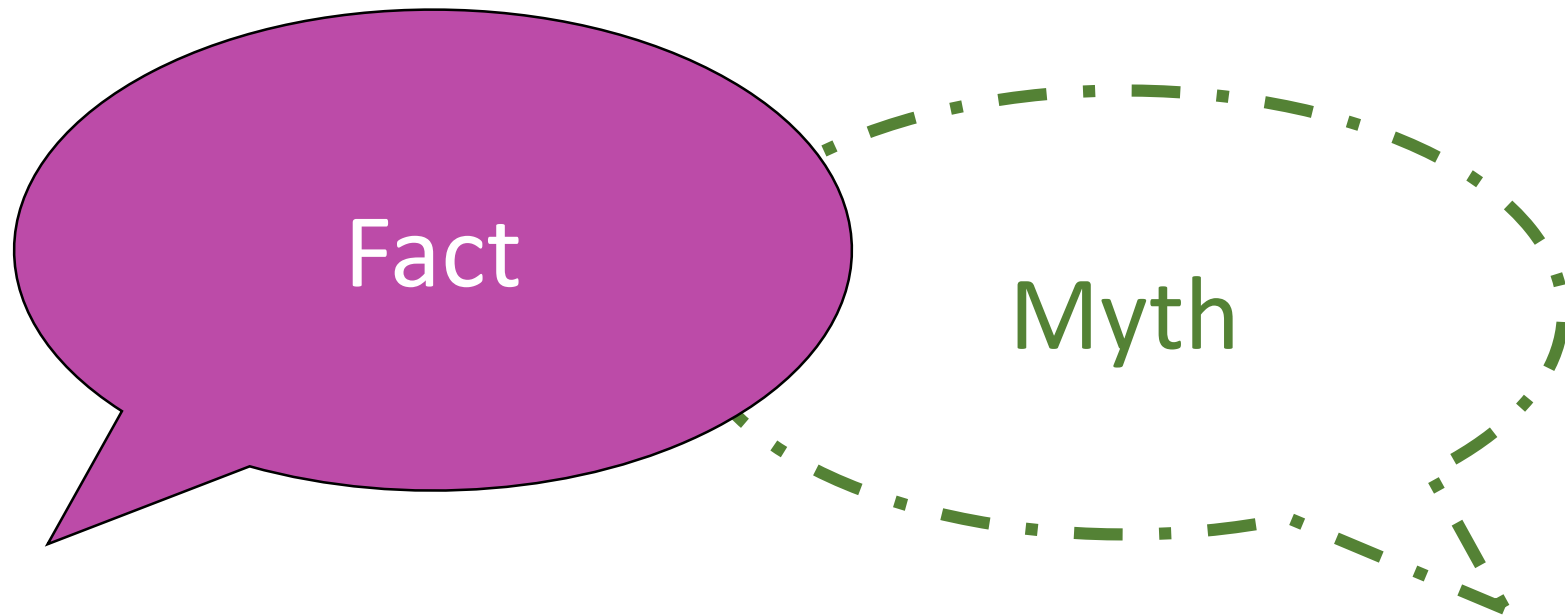
Empowerment of Self-Management Skills

**↑ DOC
Social
Support**



**Intention to
Communicate
with HCP**

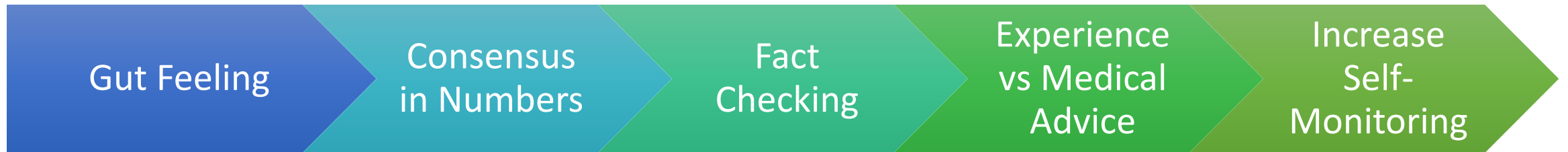
The DOC is Credible



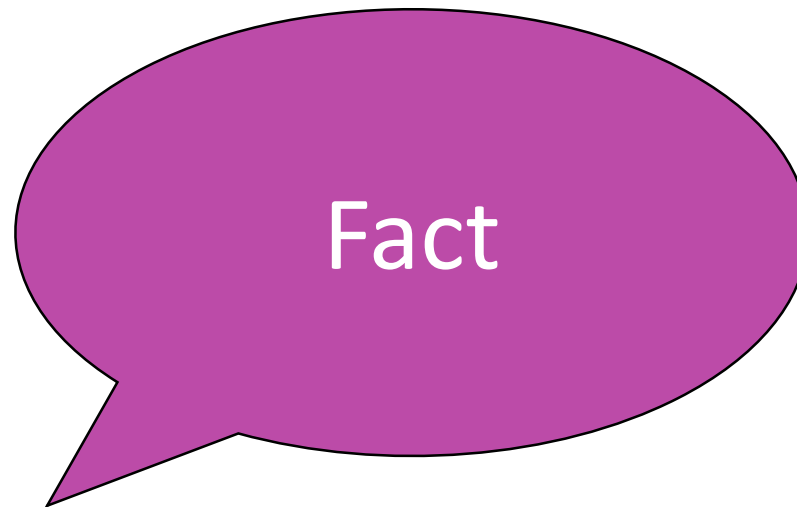
Misinformation

- Misinformation in online information is infrequent
- Self-policed by peers
- Falls within best practice guidelines 91% of the time

Process to Vet Information



The DOC Provides Social Support





79%

The DOC helps me
feel understood

76%

The DOC helps me
feel less alone

“I’m surrounded by people who don’t get it, my personal circle, social circle, family circle....They see it, but they don’t get it. It’s nice to hear and see the supportive comments, even if they are not directed to me, to know that other people are dealing with this stuff.”

**Improved Social
Connectedness**

**Support
Compassion**

Altruism

“I guess I sort of think about Alcoholics Anonymous when they are talking about sharing the experience, strength and hope to try and help other people in order to help yourself. I think that’s very true, that works on the diabetes websites too.”

The DOC Supports Quality of Life

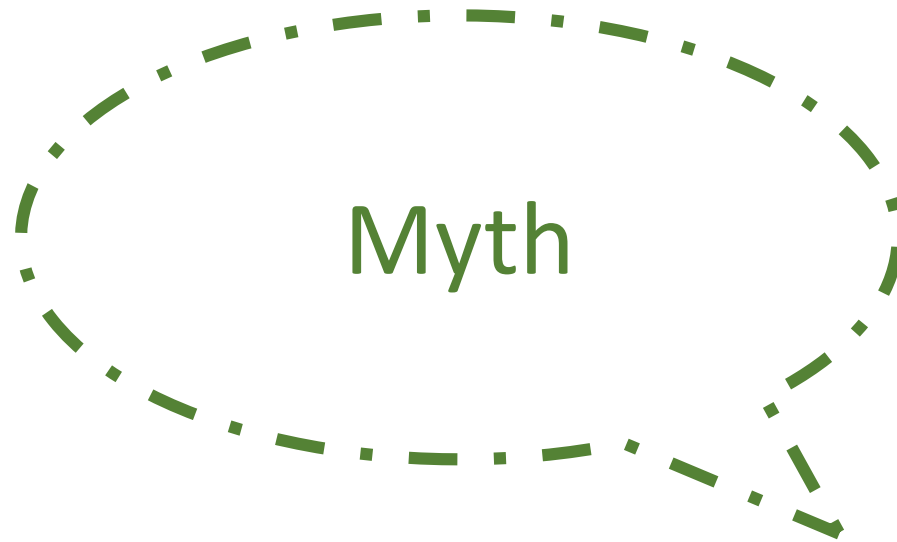


Fact

↑ Health-Related QOL

Compared to Norms
Perceived

Patients Tell Their Clinician About DOC Use

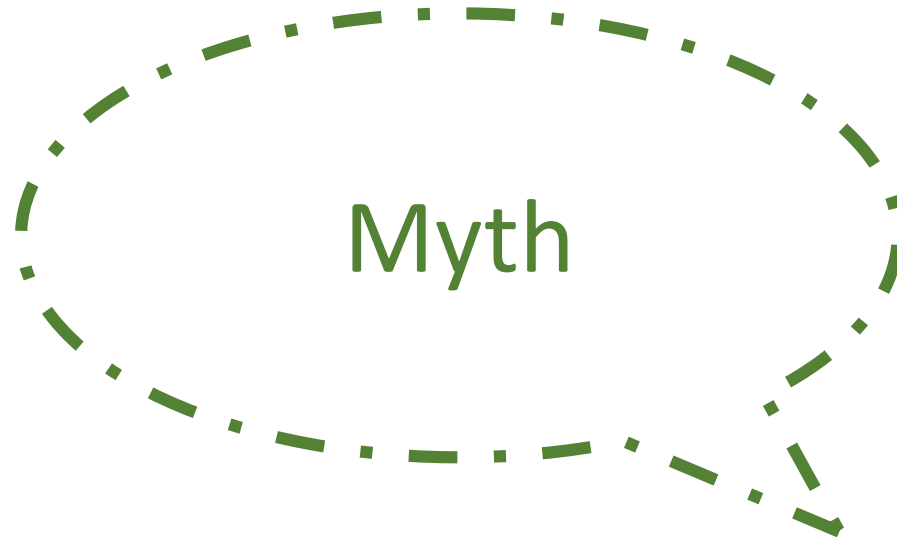


67%

Have not told their healthcare
provider about their DOC use

HCP Knowledge → More Engagement

The DOC Will Replace Me



67%

Every 3 Months

24%

Every 6 Months

“I get to learn a lot of things that [my healthcare providers] don’t have time to share on 15-30 minute meetings. It’s a great tool. I’m not sure that people need to doctor themselves based on it, but it certainly is a good supplement.”

So What?



Patients Want Provider Engagement





References

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